

# CELEBRATE INTERNATIONAL DAY OF OLDER PERSONS

## ALONE ART COMPETITION

Dear Principal,

ALONE, the charity that supports older people to age at home, celebrates its 40th Anniversary this year. Through a network of befriending volunteers, ALONE organises visits to older people to ensure they're okay and not feeling lonely.

Loneliness can be a real problem for older people. They sometimes go days, even weeks, without a visitor because people get so busy in their everyday lives. We all know that a visit from somebody can make the world of difference, so this October 1st we're celebrating 'International Day of Older Persons' by encouraging younger people to put a little time aside for a chat with an older family member, friend or known neighbour.

To mark the day, we're inviting primary school children enter our art competition by drawing a picture of an older person in their life. There are two categories for the Art Competition with amazing prizes for each winner.

CATEGORY 1 Ages 4-6

CATEGORY 2 Ages 7-12

To enter the competition, please send drawings (A4 size paper only) before Friday 20th October 2017 to:

ALONE Art Competition,  
Olympic House,  
Pleasants Street, Dublin 8

Winning submissions will be published on the ALONE website and social media.

If you're interested in learning more about ALONE, or if your school would like to get involved, please feel free to reach out to me.

Good luck!

ALONE  
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